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gion and the like, in which the chief deceiver is the observer's own self; here belong the cases of witchcraft and the cheap miracles of modern séances. For this kind of false perception the only help is prevention, the cultivation of sound and independent habits of mind, and a knowledge of when consciousness is likely to be an unreliable witness.

Statistische Untersuchungen über Träume und Schlaf. FRIEDRICH HEERWAGEN. Wundt's Philos. Studien, V, 2.

In order to answer the question, "Do people who dream much have lighter or sounder sleep than the average," a series of questions were asked of 142 women, 151 students, and 113 men of various occupations. Of these, 99 dream all night long, 133 often and 153 seldom, the remainder never; 216 have vivid and 175 not vivid dreams; 194 can easily recall the dreams, and 203 have difficulty in recalling them. 10.30 is the average time of retiring, and 0-3 hours are the extremes of the time needed to fall asleep. 261 sleep all night uninterruptedly and 143 have waking spells. 166 are heavy sleepers, 202 are light. 103 can sleep at will during the day (after-dinner naps not counted); 182 find the forenoon best for mental labor, 133 the evening, the balance are indifferent. 132 are of sanguine temperament, 70 are choleric, and 74 are phlegmatic; 20 are melancholic, the others are mixed.

These statistics serve to give an idea of the nature of the questions asked. The results were tabulated and the following laws deduced: Sleep is soundest in childhood, and becomes increasingly lighter with age. Dreaming reaches its maximum intensity and frequency at an age of 20-25 years, the increase from childhood and the decrease toward senescence being gradual.

The following factors are in close relation and vary together: Vividness of dreams, frequency of dreaming, lightness of sleep, power of recall, length of sleep or the number of hours needed, nervous or anti-phlegmatic temperament. Women dream more than men, and students stand as a class between other men and the women. Married women dream less than the unmarried. The deeper the sleep the easier it is to do mental work in the morning. A medium length of time required for falling asleep is connected with frequent dreams and light sleep. Men sleep most soundly and women least so. Those whose sleep is most interrupted also sleep most by day. Some who on rising feel weary rapidly regain vigor. There are, however, individual exceptions to all the above rules, as when frequent dreaming is connected with deep sleep; the stimulus that wakes a person up is provocation of a dream in this case. We must also remember that the curve of depth of sleep is lowest in the morning when dreaming is most frequent.

J. N.

Earthquake Effects, Emotional and Moral. JOHN MILNE. Trans. Seismological Soc. of Japan, Vol. XI.

Note on the Effects produced by Earthquakes upon the Lower Animals. JOHN MILNE. Trans. Seismological Soc. of Japan, Vol. XII.

In the first paper the author adds to a few general observations on the physical and moral effects of earthquakes, a number of extracts from miscellaneous sources, showing the state of mind into which men are thrown by such calamities, and finally traces some possible